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News

SISHK Holds Annual Career Day For S3 to DP2 Students

By **EMMA FANG and CYRUS LEUNG**
Editors-In-Chief

Photos courtesy of the School
Career Day

The school hosted its annual career day on March 13, offering the senior students of SISHK an invaluable opportunity to explore different career paths and gain an understanding of how their studies can be applied in various professional settings.

The event began in the Lim Kai Auditorium with opening remarks from the guest speaker Professor Freddy Boey, President of City University of Hong Kong.

Students then participated in a variety of Career Exploration Workshops held by experts in fields such as Design Portfolio, Computing, Business, Social Entrepreneurship, Landscape Design, Law, Medicine, Psychology, Robotics, and Energy Technology.

"It was really eye-opening to see all the career options out there," said Sophia Yu from S3. "The experts were down-to-earth and gave us some solid insights about what to expect in the future. Hearing about their experiences kind of made me think, 'Hey, I can see myself doing that too.' Not only that, this Career Day also showed us how the stuff we're learning today can play out in all kinds of jobs tomorrow."

The Career Day effectively complemented SISHK's commitment to holistic education and its dedication to preparing students for their future endeavours. By the end of the event, students were left with a clearer sense of direction and increased motivation to pursue their passions.

Zubir Said Wins Term 2 House Cup

By **SARAH WONG**
Staff Writer

March 6 marked a memorable day for the Zubir Said house as they pulled off a remarkable comeback and emerged victorious in the Term 2 House Cup. During the term, they demonstrated exceptional teamwork, extraordinary talent, and unyielding determination as they dominated various events including the House Dance and Vertical Marathon. We reached out to the Zubir Said Heads of House, Valerie Yong and Aidan Yuen, for their perspectives:

How do you feel about leading your house to victory, and what does this achievement mean to you?
Being the AY2324 leaders of Zubir Said, we feel an immense sense of pride and satisfaction in leading the house to victory and everyone. This achievement demonstrates the dedication, hard work, and collaboration of not only the house members but also the teachers and house representatives who supported and contributed to our success. It truly reflects our collective effort and goal of wanting and would inspire a sense of accomplishment and unity within the house.

Photo by Mark Yu
Sports Day

SPORTS DAY 2024

Celebrating Athletic Triumphs and House Spirits

By EMMA FANG and CYRUS LEUNG
Editors-In-Chief

Allen Hang

On March 25, SISHK held its annual Sports Day at Aberdeen Sports Ground. The event aimed to enhance SISHK sports culture, deepen sports appreciation among students, and promote house unity. The day saw a wide range of field and track events, in which the students demonstrated both camaraderie and a competitive edge, showcasing their commendable athleticism and sportsmanship.

Raffles

Leung Junyi Beverly

As the S2 house representative of Raffles, Beverly Leung has distinguished herself as an aspiring athlete with remarkable athletic abilities. She won gold in the 400M and 800M races and contributed to the victory of the female 4×100M house relay, adding to her already notable achievement of setting an 800M record in her S1 year.

How do you feel about your performance on Sports Day?
I feel like I performed quite poorly because I ran slower than I did the previous year, in part due to the heat. Lately, I've also been focusing on a 5k season ahead, so my training plan has been adjusted with the goal of winning in longer distances. But there's always next year, and I will make another bid for the records. I'm excited to race in the mixed S3/4 category!

What are some memorable highlights from your events?
During the 800M race, one of my competitors cut in front of me before the 100m mark and I was temporarily trapped on the edge of my lane. However, I managed to break to the innermost lane quickly and get to the front of the pack eventually.

Hugo Healy

Hugo Healy is a DP1 student in Raffles. He took part in 400M, 800M, and shot put, earning first place in shot put and runner-up positions in the 400M and 800M races.

Anaya Healy

What are some memorable highlights from your events?
The most memorable highlight was in the shot put. I'd felt rather sore coming to the event because of rugby so I was just hoping to beat last year's distance. I don't know if I describe it as lucky, but Benson, the probable favourite to win the event got hurt in the warm up throws. Making him withdraw from the competition allowed me to secure the first position in Shot Put, however I wasn't able to beat my previous score. This unexpected turn of events added an element of surprise and excitement to the competition.

What are the sentiments you have towards such an event?
It was disappointing and disheartening to miss out on multiple years of sports events due to the pandemic. Sports events like Sports Day often serve as a highlight of the school year, fostering a sense of community, healthy competition, and school spirit. The absence left a sense of longing and a feeling of missed opportunities. Some of the students felt they missed the chance to showcase their skills, compete with their peers, and leave a lasting impact on the school's sports legacy.

Zubir Said

Aidan Yuen

As the Zubir Said Head of House, Aidan Yuen from DP1 played a key role in leading his house to victory on Sports Day, a major achievement which put the Said house in a favourable position for the upcoming term House Cup. In addition to his leadership, Aidan himself has also proved to be a capable athlete. He won a silver medal for 4×100M mixed relay, and placed third in javelin, long jump, as well as the 100M race.

How do you feel about your performance at Sports Day?
In terms of my own achievements, I think I could've done better. My reaction time cost me a better place in the 100M sprint. I think the main area for improvement is getting my timing better on long jump because I had potentially better placing results (further 2nd place) but they were disqualified as I crossed the line by a little bit. I still have next year to gun for the gold medal though, so I'm looking forward to that.

What are some memorable highlights from your events?
I think the most thrilling events were the 100m sprint and the mixed relay. A delayed reaction time cost me 3rd place but I had fun as I had a tight finish with my friend. The mixed relay was incredibly exciting as our opponents were fast, and we had an S3 girl move up to do the DP relay (credits to Chloe she was amazing).

What are your thoughts on representing your house on Sports Day, especially given your role as the Said Head of House?
I feel incredibly proud to be able to represent my house for sports day and contribute to the win. As head of houses, Valerie and I both agreed that this could be one of our greatest achievements, as not only did we break the 4th place streak, we came back and took 1st. Seeing everyone participate and trying so hard for sports day made me made me quite emotional as head of house. I remember celebrating so many wins, and I truly enjoyed seeing the smile on everyone's faces. Knowing that I gave my all in the events and contributing to the win makes me feel relieved as my efforts were not in vain.

Photo by Mr Danny Toh
Sports Day

Lynn Xiang

Lynn Xiang, an S4 athlete from LKY, delivered a standout performance and took Sports Day by storm as she dominated a wide array of events on Sports Day.

What are your thoughts on representing your house on Sports Day?
I'm extremely grateful for the opportunity. Contributing to LKY has always been exhilarating and fulfilling, and this Sports Day has proven to be no different. I truly admire the passion fostered within my house. The constant support and encouragement was overwhelming, and I will always represent my house pridefully.

As a strong competitor in the events that you are in, what advice do you have for other athletes?
Set goals. More specifically, goals that align with your physical ability and provide you with direction and motivation, such as to increase a Personal Best in a 100m sprint from 16 seconds to 15 seconds, or from a 3.5m long jump distance to 3.6m. Your goals should not stem from competitiveness, but rather a strive to improve as an individual athlete. Develop a growth mindset. Embrace challenges, learn from failures, and see setbacks as opportunities for growth. Lastly, alongside training, take care of your body and mind. Success in sports is not just about physical training but also about maintaining overall well-being. Prioritise your rest, recovery, proper nutrition, and mental well-being.

Julius Li

Lee Kwan Yew

Eunice Ng

Eunice Ng is an aspiring S3 athlete from LKY. She displayed commendable effort in the 100M race, securing a respectable fourth place and narrowly missing the podium.

How do you feel about your performance on Sports Day?
I did not perform as well as I did last year, as I didn't have an opportunity to train and prepare beforehand. However, I'm still pretty happy that I got fourth! The race was an absolute thrill and I enjoyed it very much!

Mr. Jonathan Lai

As a loyal member of the Lee Kuan Yew house, Mr. Jonathan Lai not only cheered enthusiastically for the LKY athletes, but also gave a dazzling performance himself in the house relay race.

What are the sentiments you have towards such an event; what role do such big events play in promoting house spirits for you?
Because this event involves the whole house, it is a great opportunity for LKY to see their fellow members compete against the other houses.

How did you juggle your responsibilities as an art teacher with your passion for promoting house culture?
I am able to give guidance to anything that deals with aesthetics, such as the banner competition, hats for house chant.

Are you inclined to participate in it again?
I need to train, if I am going to participate in it again. My left leg did not enjoy that I made it run as fast as possible, even with all the stretching beforehand.

Photo by Mr Danny Toh
Sports Day

Marshall

Harold Wong

Hailing from his three record-breaking performances in S1, S2, and S3 shot-put category, Harold Wong represents his house in both a physical and talismanic context; possessing not only athletic ability but also sportsmanship as a House Representative to back it up.

Given that you are a constant record-breaker and dominate the events you are in, what do you have to say to aspiring students in terms of how hard they should work to achieve their goals?
I think a lot of it boils down to the amount of time and effort you are willing to put into your designated sport. Sure, it can be true to a certain extent that physical prowess and raw talent do play a part in how well you perform in an athletic setting, but such abilities are useless if not invested into. Honestly, about 90% of how well you do in a sport boils down to how much you train for it in comparison to others. If you're willing to put in more work than others, willing to spend more hours training for your event, you'll definitely see results. It's not a zero-sum game where only the best athletes can succeed, it's more of how you play with the cards you're dealt. Play them well, and you will excel over others.

Photo by Mr Danny Toh
Sports Day

Andre Soden

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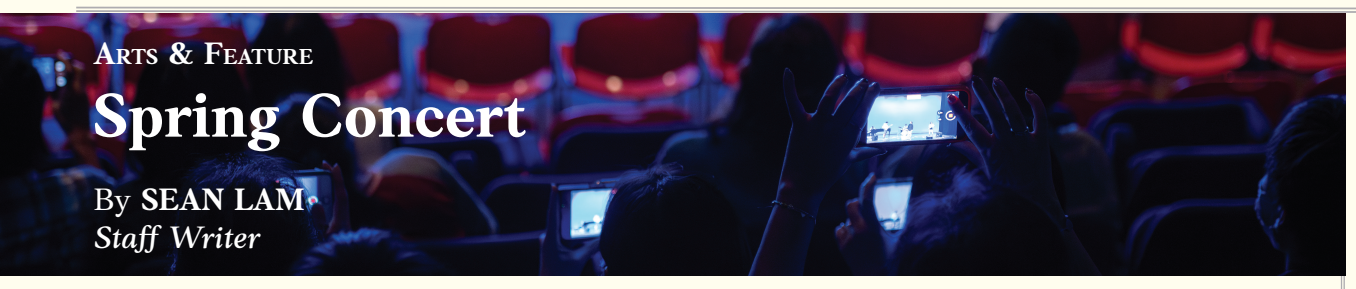

Arts & Feature

Spring Concert

By **SEAN LAM**
Staff Writer

On March 22, the Spring Concert took place in the Lim Kai Auditorium, exhibiting a wide range of musical performances with an emphasis on showcasing the musical brilliance of Secondary 4 IGCSE musicians as they celebrate the final step in their journey of IGCSE Music.

We interviewed Eden Lai, an S4 performer, for her thoughts:

What do you feel about Spring Concert and your performance?
It was really a memorable experience for me to lastly perform as an IGCSE music student. I would say that this was not my best performance but definitely an unforgettable experience. It gave me a valuable opportunity to finally interact with my friends from music class while getting to know other talented performers.

Photo by Mark Yu
Spring Concert

What advice would you give to the students who are considering taking IGCSE music?
Regarding the IGCSE music syllabus, I know that in the most updated version, there are slight changes to the listening content as well as broadened flexibility in the styles of music and the instruments used, allowing more opportunities for a variety of areas of musicians to take IGCSE music. However, IGCSE music is a heavy coursework subject, so do consider whether you are a coursework-based or exam-based student before taking IGCSE music.

Math Cube

By **CHRISTOPHER GOH and WINNI ZHANG**
Editor, Staff Writer

Photo by Mark Yu
Math Cube

Math Cube is a student-led club that strives to ignite the student body's passion for mathematics and support the school community in the learning of mathematics. It has launched many successful educational initiatives, notably the S1 mathematics mentoring program and the AMC8 training program. On March 14, the Math Cube introduced their latest endeavour - the inter-house mathematics competition.
We interviewed the supervising teacher of Math Cube, Mr. Samson Chen, as well as the student leaders of the club, Leo Liu and Kris Wang, to discuss Math Cube's recent updates.

What was the main goal of the inter-house mathematics competition?
Leo Liu and Kris Wang: Our goal would be to let the student who don't usually participate in maths competitions get a feel of what mathematics is outside of the standard academic questions. Some questions are pretty easy and in the school's academic scope, while others may be more challenging and require the participants to think out of the box. Through this, we hope that students will extend their knowledge and improve their problem-solving skills, all while not backing down to the challenging questions and sparking an interest in maths.

Given that mathematics is a challenging subject for many students, how would you and Math Cube encourage more people to learn and enjoy it?
Mr. Samson Chen: We would like to organise events that are "low threshold, high ceiling". We hope everyone can participate if they want to, but we also provide a platform for students to showcase their talents. We have organised the S1 maths mentoring programme and the AMC8 training programme. Some DP students have been engaged in the two events. They generously share their ideas and experience in studying mathematics and competitions. Also, Math Cube students prepared interactive maths games for the STEM Week and the Family Fiesta. We aimed to arouse students' interest and show the connection between mathematics and real life through these activities.

Leo Liu and Kris Wang: For those who might find maths challenging, we as the Math Cube would like to encourage them to understand and integrate the mathematical context by heart instead of just memorising the formulas. As for those who excel in maths, we would like to provide a chance for them to extend their knowledge, and create a mathematic atmosphere where we discuss the more challenging maths questions. To learn maths, it is vital to not fear it. Think of any complex questions. Now try to break it down into small steps. After all, you realise what you are doing is just simple addition, subtraction, multiplication, and division. As a general note, we hope to enlighten students to enjoy maths.

Sports

U14 Boys' Badminton Team Triumphs Over CDNIS and HKIS

By **ALEX XUE**
Editor

On February 27, our U14 boys badminton team played two matches at Canadian International School. After dominating CDNIS 3-0, our team faced Hong Kong International School (HKIS) in a tightly-contested game.

Austin Sun from S2-3 played the first singles, losing narrowly at 22-20. Our doubles team remained strong however, with Jason Ke from S2-3 and Olson Hong from S2-2 taking the game 21-14. Ryan Dermawan from S2-4 then dominated his singles match using strategic play, winning 21-12, while Sunay Chichula and Leon Huang from S2-5 clinched the second doubles 21-13 with seamless teamwork, securing an overall 3-1 triumph for the Lions. The back-to-back wins against CDNIS and HKIS moved our team's ranking up to third place in the ISSFHK League, putting them in a strong position for the playoffs. The team's spirit remains high as they look to continue their impressive run.

For more insights, we interviewed Mr. Ricky Green, teacher-in-charge of the U14 Boys Badminton Team:

What are your main goals for the team this season?
This season is about developing team culture so the players feel part of the team. We also want players to develop their fundamental shots and the quality of those shots. I want players to develop strategies and have the ability to problem solve during the match so they can change strategy when things are not going well. Lastly, I want to create Doubles teams that communicate effectively.

What are your comments on the team's performance so far?
The team is currently sitting in 3rd position in the ISSFHK league. We have won 3 and lost 2 matches. I feel that if the players can build momentum and develop a winning attitude, they can make the play-offs after the 10 matches are complete. They have the ability, but they will need to execute their shots and strategies at key moments in each upcoming match.